

# Encouraging a Healthy Birth

## 1. Hydration

Proper hydration can reduce length of labor by 6 hours

## 2. Have a doula

A doula can reduce the length of your labor by 25%

## 3. Eat Dates

Eating dates starting at 34 weeks can reduce length of labor by as much as half

## 4. Jasmin Essential Oil

applying Jasmin essential oil on your belly at 36+ weeks can reduce the length of your labor

## 5. Get good sleep

Sleeping more than 6 hours a night can reduce your labor by as much as 11 hours

## 6. Yoga/Spinning babies

Being as active and flexible as you can can reduce the length of your labor and help baby be in an Ideal position

## 7. Red Raspberry Leaf Tea

Can shorten labor and help babies arrive not too early or too late

## 8. Staying active

Can reduce your labor by an hour or more when exercising lightly 2-3 times a week

## 9. Baby's Position

mal-positioned babies is one of the biggest causes of prolonged labor,

## 10. Pelvic Floor Therapy

Can shorten labor by 40+ minutes depending on how much help your pelvic floor needs